

Ergebnisliste 10.000 m Lauf

| Platz | Startnr. | Name | Jahrg. | Altersklasse | Verein | Zeit |
|-------|----------|------------------------|--------|--------------|------------------------------|------------|
| w | | | | | | |
| 1. | 600 | Wilkens, Christina | 1971 | W30 | Vfl Visselhövede | 0:44:56,98 |
| 2. | 606 | Wachtmann, Irene | 1963 | W40 | Vfl Visselhövede | 0:57:46,78 |
| 3. | 607 | Trotz, Margret | 1962 | W40 | TSV Oberndorf | 1:07:54,67 |
| m | | | | | | |
| 1. | 632 | Lemke, Stefan | 1976 | M30 | TuSV Stellichte | 0:38:48,25 |
| 2. | 621 | Siedlitzki, Christian | 1965 | M40 | SG Bremen-Findorf | 0:39:34,10 |
| 3. | 613 | Koslowski, Heinz | 1957 | M50 | Tria Heidekreis | 0:39:46,28 |
| 4. | 616 | Röhrs, Michael, Dr. | 1963 | M40 | TV Jahn Schneverdingen | 0:40:25,40 |
| 5. | 614 | Miltzlaff, Marco | 1970 | M30 | TV Scheessel | 0:40:32,59 |
| 6. | 631 | Glinsmann, Carsten | 1974 | M30 | Hepstedt/Breddorf | 0:42:24,82 |
| 7. | 611 | Fiebach, Norbert | 1964 | M40 | SV Fortuna 83 Rotenburg (W.) | 0:42:32,09 |
| 8. | 625 | Herbig, Sven | 1972 | M30 | TV Jahn Walsrode | 0:43:15,68 |
| 9. | 629 | Bellmann, Jürgen | 1964 | M40 | TUS Fintel | 0:43:26,64 |
| 10. | 618 | Herfurth, Hans Wilhelm | 1953 | M50 | TuSV Stellichte | 0:44:39,68 |
| 11. | 608 | Effe, Fred | 1967 | M40 | Bremen | 0:45:43,60 |
| 12. | 628 | Rundholz, Daniel | 1962 | M40 | Rotenburg (Wümme) | 0:46:40,06 |
| 13. | 610 | Hemmerich, Hendrik | 1957 | M50 | TV Oyten | 0:46:44,87 |
| 14. | 619 | Böhm, Peter | 1952 | M50 | LG Kreis Verden | 0:46:45,46 |
| 15. | 615 | Kahrs, Dieter | 1953 | M50 | TuS Reeßum | 0:48:39,09 |
| 16. | 612 | Langhorst, Thomas | 1966 | M40 | Bremen | 0:49:30,87 |
| 17. | 609 | Lampe, Rainer | 1952 | M50 | TV Scheessel | 0:50:18,21 |
| 18. | 633 | Meyer, Arne | 1966 | M40 | TV Scheessel | 0:50:42,45 |
| 19. | 622 | Löffler, Uwe | 1941 | M60 | Hamburger SV | 0:51:38,35 |
| 20. | 620 | Woydschiski, Detlef | 1962 | M40 | Werne | 0:52:39,15 |
| 21. | 626 | Willner, Hartmut | 1962 | M40 | Weyhe | 0:53:53,67 |
| 22. | 630 | Fischer, Ralf | 1962 | M40 | TuS Bothel | 0:53:59,14 |
| 23. | 627 | Ludolfs, Sebastian | 1974 | M30 | Bothel | 0:54:40,01 |
| 24. | 605 | Wachtmann, Thomas | 1963 | M40 | Vfl Visselhövede | 0:56:01,07 |
| 25. | 624 | Wittrock, Jan | 1964 | M40 | TSV Barrien von 1913 e.V. | 0:58:32,76 |
| 26. | 604 | Ebeling, Jürgen | 1962 | M40 | TuS Bothel | 1:00:27,64 |
| 27. | 636 | Beyer, Tim | 1988 | m. Jugend A | TuS Bothel | 1:00:30,06 |
| 28. | 635 | Behrens, Philipp | 1989 | m. Jugend A | TuS Bothel | 1:00:30,62 |
| 29. | 617 | Kück, Heinz | 1955 | M50 | TSV Bremervörde | 1:00:58,75 |

Anzahl: 32